

Body Rock

拍數: 84 牆數: 4 級數: Phrased High Intermediate
編舞者: Haley Bujeda (USA) & Olivia Monzon (USA) - December 2024
音樂: Beauty and a Beat (feat. Nicki Minaj) - Justin Bieber



No Restarts

Sequence: Ax4 Bx2 Ax5 C A(16) D Ax2 B

B: 5th Wall - 12 o'clock

C: 11th Wall - 6 o'clock

D: 12th Wall - 12 o'clock (restart A on the same wall)

(Part A) 32c

[1-8] (Wizard x2 RL, Rock Recover, Half Turn, Full Turn)

1&2 Shuffle diagonally Right
3&4 Shuffle diagonally Left
5-6& Rock on Right foot, Recover on left while half turning
7&8 Full (360 degree) turn

[1-8] (L Shuffle, L Full Turn, Sweep Backwards RL)

1&2 Shuffle on left foot
3-6 Step Right, pivot over left shoulder x2
7&8& Sweep Right foot back, Sweep Left foot back

[1-8] (Jump R-L, Dip spin, Step touch back RL)

1&2& Step right foot diagonally, Step left foot diagonally
3-4 Dip while turning over left to face 9 o'clock wall (180 degree turn)
5-8 Step right foot back touch left, step left foot back touch right

[1-8] (Back Rock Recover, Full Turn, Jump)

1-4 Rock back on right recover while half turning
5-6 half turn over left shoulder
7-8 Jump

(Part B) 32c

[1-8] (Slide, Sailor Step, Chest Bump x2, Knee Pumps)

1-2 Slide to the Right
3&4 Left Sailor Step
5&6& Chest Bump x2
7&8& Alternating Knee Pumps LRLR

[1-8] (Slide, Sailor Step, Chest Bump x2, Knee Pumps)

1-2 Slide to the Right
3&4 Left Sailor Step
5&6& Chest Bump x2
7&8& Alternating Knee Pumps LRLR

[1-8] (Sailor Step, Cross 3 Quarter Turn, Knee Pumps, Hip Roll)

1-2 Sailor Step
3&4 Cross Right Foot Behind 3 Quarter Turn Over Right Shoulder
5&6 Left Knee Pump. Right Knee Pump,
7&8 Right Hip Roll

[1-8] (Slide, Full Turn, Chest Bump x2, Knee Pumps)

- 1-2 Slide Back Left,
- 3&4 Full Turn Over Right Shoulder 1-4
- 5&6& Chest Bump x2
- 7&8& Alternating Knee Pumps LRLR 5-8

(Part C) 4c

- 1-4 Hip Roll To The Right

(Part D) 16c

[1-8] (Stomp x2 RL, Body Roll x4 RLRL Full Paddle Turn)

- 1-2 Stomp x2 RL Stomp Right Foot, Stomp Left Foot
- 3-8 Body Roll To The Right, Left, Right, Left

- 1-8 Paddle Turn Over Left Shoulder w/ Right Foot

***for the paddle turn add flare by holding your hands & arms over your head**

Submitted by: Perseus Vörðr - Email: bizinquiry@perseusvor.net
